

## CLAIMS

I claim:

1. A batter training apparatus comprising:
  - a. a ground frame section;
  - 5       b. a forward motion restraint attached to said ground frame section, said forward motion restraint including a vertical member extending from said ground frame section and a horizontal member extending from said vertical member;
  - c. a ball launcher; and
  - d. a trigger for activating said ball launcher.
- 10   2. The batter training apparatus according to claim 1, wherein said vertical member and said horizontal member are attached at substantially right angles to one another.
3. The batter training apparatus according to claim 1, wherein said forward motion restraint comprises two vertical members and said horizontal member is positioned therebetween.
4. The batter training apparatus according to claim 3, wherein said trigger comprises a cord  
15   extending between said vertical members.
5. The batter training apparatus according to claim 3, wherein said vertical members are less than approximately 2.5 feet in height.
6. The batter training apparatus according to claim 1, further including a foot plate attached to said ground frame section.
- 20   7. The batter training apparatus according to claim 6, wherein said foot plate is pivotally mounted on said ground frame section.
8. The batter training apparatus according to claim 1, wherein said ball launcher is connected to said ground frame section.

9. The batter training apparatus according to claim 1, wherein said trigger is operatively connected to a foot plate.
10. The batter training apparatus according to claim 1, wherein said vertical member is pivotally mounted on said ground frame section and said horizontal member forms a substantially perpendicular angle with said vertical member.
11. The batter training apparatus according to claim 10, wherein said forward motion restraint is radially adjustable relative to said ground frame section.
12. The batter training apparatus according to claim 9, wherein the position of said ball launcher relative to said ground frame section is adjustable.
- 10 13. The batter training apparatus according to claim 8, wherein said ground frame section is configured such that said forward motion restraint and said ball launcher are reversible to accommodate either a left-handed or a right-handed batter.
14. The batter training apparatus according to claim 6, wherein said trigger includes a cord attached to said foot plate and extending to a release pin on said ball launcher.
- 15 15. The batter training apparatus according to claim 1, wherein said ground frame section is generally U-shaped.
16. The batter training apparatus according to claim 1, further including an attachment for a baseball bat comprising:
- a. a support tube having a diameter approximate to that of a bat at said bat's striking surface; and
  - b. three substantially flat striking surfaces connected to and surrounding said support tube, thereby forming a triangular structure around said support tube.
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17. The batter training apparatus according to claim 1, wherein said forward motion restraint is adjustable such that it will press against a user's lead leg between said user's shin and hip.

18. A batter training apparatus comprising:

a. a ground frame section;

5 b. a forward motion restraint attached to said ground frame section, said forward motion restraint being adjustable such that said forward motion restraint is positionable at various levels with respect to a body of a user positioned to use said training apparatus;

c. a ball launcher;

e. a foot plate attached to said ground frame section; and

10 d. a trigger for activating said ball launcher, wherein said trigger includes a cord attached to said foot plate and extending to a release pin on said ball launcher.

19. The batter training apparatus according to claim 18, wherein said ball launcher includes a spring slot in which said release pin travels and a cocking notch at a bottom portion of said release.

15 20. A batter training apparatus comprising:

a. a U-shaped ground frame section;

b. a forward motion restraint attached to said ground frame section, said forward motion restraint including a vertical member extending from said ground frame section and being less than approximately 2.5 feet in height and a substantially elongated  
20 horizontal member extending from said vertical member and being at least 1 foot in length;

c. a ball support positioned adjacent said ground frame.